



# OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5  
From St. Peter the Apostle School

## Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>334 Cinnamon Toast Crunch 749 Apple-Cherry Juice 670 Fresh Fruit</p> <p><b>1</b></p> <p>Pre K: 346 Cinnamon Toast Crunch</p>	<p>328 Chocolate Chip Muffin 608 Dole Tropical Fruit Cup 752 Fruit Punch Juice</p> <p><b>2</b></p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>304 Cinnamon Bgelfuls 696 Raisins 753 Orange Juice</p> <p><b>3</b></p> <p>Pre K: 369 Pillsbury Berry Blast Mini French Toast</p>	<p>329 Trix Cereal Bar 670 Fresh Fruit 750 Apple Juice</p> <p><b>4</b></p> <p>Pre K: 342 Cheerios</p>	<p>323 Apple Cinnamon Muffin 697 Bagged Sliced Apples 748 Grape Juice</p> <p><b>5</b></p> <p>Pre K: 330 Blueberry Muffin</p>
<p>NO SCHOOL TODAY</p> <p><b>8</b></p>	<p>334: Cinnamon Toast Crunch 670 Fresh Fruit 752 Fruit Punch Juice</p> <p><b>9</b></p> <p>Pre K: 332 Apple Cinnamon Muffin</p>	<p>368 Plain Bagel 670 Fresh Fruit 748 Grape Juice</p> <p><b>10</b></p> <p>Pre K: 343 Rice Chex</p>	<p>304 Cinnamon Bagelfuls OR 319 Orange Cranberry Muffin 612 Bagged Apples &amp; Grapes 753 Orange Juice</p> <p><b>11</b></p> <p>Pre K: Blueberry Bagel</p>	<p>350 Apple Cinnamon Cheerios 670 Fresh Fruit 750 Apple Juice</p> <p><b>12</b></p> <p>Pre K: 331 Corn Muffin</p>
<p>328 Chocolate Chip Muffin 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p><b>15</b></p> <p>Pre K: 347 Alpha Bits</p>	<p>366 Blueberry Bagel 689 Orange Mango Applesauce 752 Fruit Punch Juice</p> <p><b>16</b></p> <p>Pre K: 335 Banana Muffin</p>	<p>334 Cinnamon Toast Crunch 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p> <p><b>17</b></p> <p>Pre K: 306 Apple Baked Frudel</p>	<p>367 Cinnamon Raisin Bagel 670 Fresh Fruit 750 Apple Juice</p> <p><b>18</b></p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>329 Trix Cereal Bar 696 Raisins 753 Orange Juice</p> <p><b>19</b></p> <p>Pre K: 345 Honey Scooters</p>
<p>323 Apple Cinnamon Muffin 670 Fresh Fruit 752 Fruit Punch Juice</p> <p><b>22</b></p> <p>Pre K: 340 Sweet Potato Muffin</p>	<p>334 Cinnamon Toast Crunch 689 Orange Mango Applesauce 749 Apple-Cherry Juice</p> <p><b>23</b></p> <p>Pre K: 346 Cinnamon Toast Crunch</p>	<p>359 Honey Scooters 647 Dole Mandarin Orange Cup 753 Orange Juice</p> <p><b>24</b></p> <p>Pre K: 332 Apple Cinnamon Muffin</p>	<p>369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 750 Apple Juice</p> <p><b>25</b></p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>368 Plain Bagel 670 Fresh Fruit 696 Raisins</p> <p><b>26</b></p> <p>Pre K: 330 Blueberry Muffin</p>
<p>322 Blueberry Muffin 689 Orange Mango Applesauce 752 Fruit Punch Juice</p> <p><b>29</b></p> <p>Pre K: 342 Cheerios</p>	<p>334 Cinnamon Toast Crunch 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p><b>30</b></p> <p>Pre K: 369 Pillsbury Berry Blast Mini French Toast</p>	<p>350 Apple Cinnamon Cheerios Cereal Bar 670 Fresh Fruit 748 Grape Juice</p> <p><b>31</b></p> <p>Pre K: 347 Alpha Bits</p>	<p>328 Chocolate Chip Muffin 609 Dole Mixed Fruit Cup 750 Apple Juice</p> <p><b>1</b></p> <p>Pre K: 335 Banana Muffin</p>	<p>304 Cinnamon Bagelfuls 670 Fresh Fruit 753 Orange Juice</p> <p><b>2</b></p> <p>Pre K: 345 Honey Scooters</p>

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.

\*PreK students may receive one serving of fruit and no juice at breakfast.